

**TERESA SIEVERS, MD, MSMS, FAARM, ABAARM**  
**RESTORATIVE HEALTH & HEALING CENTER**  
**POLICIES, FEE SCHEDULES, & OFFICE HOURS**  
**MARCH 2015**

MARK, OFFICE MANAGER: (314) 239-0173

**HOURS/CLOSURES**

**OFFICE HOURS:**

- MON/TUE/THUR: 9 AM TO 430 PM LUNCH 12-1 PM
- WED: 10 AM TO 6:30 PM
- FRIDAY: CLOSED BUT STAFF AVAILABLE FROM 9-12 PM
- AFTER THAT IF YOU HAVE AN EMERGENCY, THEN YOU MAY CALL **THE AFTER HOURS NUMBER, (314)239-0173. HOWEVER, DO NOTE THAT THINGS LIKE CHEST PAIN, SHORTNESS OF BREATH AND OTHER LIFE THREATENING SYMPTOMS ARE BEST SERVED BY CALLING 911 AND WE MAY RECOMMEND THAT. WE ALSO ASK THAT YOU GET PRESCRIPTION REFILLS DURING OFFICE HOURS.**

**YEARLY CLOSURES:** OFFICE IS CLOSED BUT DR. CAN BE REACHED BY AFTER HOURS NUMBER AT: **(314) 239-0173 FOR EMERGENCIES** AND ROUTINE MESSAGES CAN BE LEFT ON MACHINE

- **THE WEEK BETWEEN CHRISTMAS AND NEW YEARS.** FOR EXAMPLE IN 2013: 12/19/13 THROUGH JAN 1, 2014. WE WILL RESUME OUR NORMAL BUSINESS HOURSE ON 1/2/14.
- **THE FOURTH WEEK OF JULY:** IN 2013: 7 /19/13 THROUGH 7/28/13. WE WILL RESUME OUR NORMAL BUSINESS HOURS 7/29/13.

**FEES**

We are a Fee-for-Service practice and **payment is expected on day of service** unless you have made other arrangements with the office manager, Mark. You will be mailed an invoice the next day to submit to your insurance company. Please note: if you have been with the practice prior to 2010 and your insurance changes you must notify us as you will have new insurance and we are unable to accept it. It would be best if you speak to Mark for this and any billing or insurance matters.

**INITIAL CONSULTATION: \$450.00** (NEW PATIENT FORM IN 2 BUSINESS DAYS BEFORE APPT; YOU MAY FAX/EMAIL/MAIL OR HAND DELIVER TO THE OFFICE)

- **\$225.00 DEPOSIT DUE WHEN APPT BOOKED. WE DO THIS TO ENSURE YOU ARE VESTED IN YOUR APPT. IF YOU NEED TO CHANGE THE APPT OR CANCEL JUST DO SO WITH AT LEAST ONE BUSINESS DAYS NOTICE. PLEASE NOTE IF YOU APPT IS ON A MONDAY YOU NEED TO CANCEL ON THURSDAY AS THE OFFICE IS CLOSED ON FRIDAYS.**

- APPT IS 60 MINUTES WITH DOCTOR
- THIS INCLUDES THE DOCTOR REVIEWING YOUR NEW PATIENT FORM AND INPUTING DATA THE NIGHT PRIOR
- NURSE GOING OVER DETAILED TREATMENT PLAN
- IF ADDITIONAL TIME IS NEEDED THE COST MAY VARY BUT WE DO OUR BEST TO KEEP YOU WITHIN THIS TIME FRAME.

**FOLLOW UP (F/U) VISITS** Range \$200.00-\$300.00 FOR 30-60 MINUTES AND ARE BASED ON TIME AND COMPLEXITY OF VISITS. F/U TIMES ARE SET BY DR. SIEVERS AS SHE CAN PROPERLY ESTIMATE HOW LONG APPT WILL TAKE. ALSO, OFTEN 5-10 MIN IS TAKEN PRIOR TO APPT FOR DR SIEVERS TO REVIEW LABS WHEN THERE IS COMPLEX OR SEVERAL LABS. THIS ALLOWS TIME FOR DISCUSSION WHEN YOU ARE IN ROOM. IF APPT IS NOT AS LONG OR NOT AS MUCH PATIENT EDUCATION IS NEEDED, THEN WE WOULD ADJUST YOUR FEE APPROPRIATELY.

**WE USE YOUR MONEY AND TIME WISELY AS WE DO OUR OWN.**

**PHONE CONSULTS:** OFFERED AND BILLED AT SAME RATE AS AN OFFICE VISIT. WE NEED TO SEE YOU ONCE PER YEAR IN THE OFFICE FOR YEARLY PHYSICAL AND THAT YOU HAVE A LOCAL PRIMARY CARE DOCTOR. DR. SIEVERS WILL WORK WITH THIS DOCTOR.

**PHYSICALS: \$300.00 INCLUDES:**

- REVIEW AND UPDATE OF PAST MEDICAL HISTORY/FAMILY HISTORY, MEDS, SUPPLEMENTS ETC.
- EVALUATION OF PAST AND NEEDED HEALTH MAINTAINENCE EXAMS
- HEAD TO TOE EXAM
- VISION SCREEN IF NEEDED
- PAP SMEAR IF NEEDED
- PELVIC/RECTAL EXAM
- EKG

**PHYSICALS WITH DISCUSSION OF BASIC LABS:** \$400.00

**PHYSICALS WITH SEVERAL /COMPLEX LABS SUCH AS HORMONE KITS, NUTRIENT PANELS:**

\$450.00-\$500.00 DEPENDING ON AMOUNT OF TESTING NEEDING REVIEWED

**NURSE VISITS\*:**

- PT/INR: \$25.00
- UA: \$25.00
- PREGNANCY TEST:\$25.00
- INJECTIONS: \$30.00
- STREP TEST: \$35.00
- FLU TEST: \$35.00
- URINE DRUG SCREEN: \$35.00

- PATIENT EDUCATION: \$35.00
- EKG: \$50.00
- BIA ( BODY FAT ANALYSIS): \$50.00

### OTHER RHHC FEES

**NO SHOW FEES:** (APPTS MUST BE CANCELLED AT LEAST 1 BUSINESS DAY PRIOR TO APPOINTMENT. PLEASE NOTE: IF YOUR APPOINTMENT IS MONDAY YOU MUST CANCEL BY THURSDAY BEFORE NOON.) THIS ALLOWS YOUR CANCELLED APPOINTMENT TO BE FILLED BY ANOTHER PATIENT WHO IS WAITING TO SEE DR. SIEVERS. WE UNDERSTAND EMERGENCIES HAPPEN AND ASK THAT YOU SPEAK WITH OFFICE MANAGER, MARK.

- NEW PT VISIT: \$225.00/LOSS OF PRE-PAYMENT
- F/U APPTS: ARE BASED ON COST OF VISIT FOR THAT APPT. IE IF YOU HAD A 30 MIN APPT BOOKED, FEE WOULD BE \$200.00. IF IT WAS A BASIC PHYSICAL, FEE WOULD BE \$300.00

**LABS/ HORMONE KITS AND OTHER TESTING:** WE TRY TO UTILIZE YOUR INSURANCE WHENEVER POSSIBLE FOR TESTS. WE DO HAVE A LAB DOWNSTAIRS THAT GIVES US A CONSIDERABLE DISCOUNT BECAUSE OF THE VOLUME OF LABS WE ORDER AND WE PASS THAT DISCOUNT ON TO YOU. PATIENTS WITH NO INSURANCE OR HIGH DEDUCTIBLES OFTEN UTILIZE THIS.

**EMAILS:** FOR QUICK QUESTIONS, WE ARE HAPPY TO ANSWER FREE OF CHARGE. HOWEVER, WHEN EMAILS BECOME MORE DETAILED WE CHARGE \$25.00. YOU WILL BE ALERTED IF A FEE WOULD BE REQUIRED. SOMETIMES EMAIL IS NOT APPROPRIATE AND DR. WILL REQUEST A PHONE CONSULT OR IN PERSON VISIT.

**PRIOR AUTHORIZATION FEES:** FOR TESTS OR MEDICATIONS: \$25.00. YOU MAY ALSO CALL YOUR INSURANCE DIRECTLY STATING YOUR ISSUES BASED ON THE OFFICE NOTES THAT WE PROVIDE.

### **OTHER FEES:**

- WORKMAN COMPS: DR SIEVERS GENERALLY DOES NOT DO WORKMAN COMP CASES AND THIS NEEDS TO BE DISCUSSED WITH OFFICE MANAGER PRIOR TO APPT
- MOTOR VEHICLE ACCIDENTS: ALL PAYMENTS MADE UP FRONT
- LETTERS/FORMS OTHER THAN SICK NOTES: \$25.00-\$50.00 DEPENDING ON LENGTH AND COMPLEXITY
- UNLESS OTHERWISE STATED LABS/TESTS RESULTS REQUIRE A F/U APPT WITH DR SIEVERS.

- WE DO OFFER CONCEIRGE PACKAGES THAT INCLUDE ALL OF THESE FEES. IF YOU WOULD LIKE INFORMATION ON THIS PLEASE SPEAK WITH MARK.

**AFTER HOURS CONTACT:** WE HAVE AN ANSWERING SYSTEM AND YOU CAN ALSO CALL THE **OFFICE MANAGER DIRECTLY AT 314-239-0173**. FOR URGENT ISSUES WE ARE HAPPY TO ADDRESS. IF THEY ARE ISSUES THAT CAN BE ADDRESSED DURING ROUTINE OFFICE HOURS THEN A \$25.00 FEE MAY BE APPLIED, BUT AGAIN THIS WILL BE DISCUSSED WITH YOU.

**HOSPITALS:** DR. SIEVERS HAS PRIVILEGES AT NCH AND NORTH COLLIER HOSPITAL BUT HAS CHOSEN TO DEDICATE HER PRACTICE TO WELLNESS AND OFFICE CARE. HOWEVER, SHE WILL SPEAK DIRECTLY WITH THE ER PHYSICIAN AS WELL AS FAX RECORDS OVER THAT MAY BE PERTINENT. IN GENERAL BECAUSE SHE IS AFFILIATED WITH THESE HOSPITALS THE ER WILL CALL HER FIRST BEFORE ADMITTING YOU TO HOSPITAL SERVICE. THE OTHER HOSPITALS DO NOT ALWAYS CALL ME BUT OF COURSE YOU CAN ASK THEM TO CALL ME TO OBTAIN RECORDS.

**RECORDS:** WHEN YOU LEAVE DOCTOR SIEVERS'S OFFICE YOU WILL BE GIVEN TYPED COPY OF YOUR NOTE AND PLAN AS WELL AS INSTRUCTIONS ON WHAT YOU NEED TO DO. WE RECOMMEND THAT YOU KEEP A COPY OF THIS IN A FILE AT HOME SO IN THE EVENT THAT YOU ARE SEASONAL, TRAVEL OR HAVE TO GO THE HOSPITAL. YOU WILL HAVE YOUR MOST RECENT NOTES AS WELL AS TEST RESULTS.

SHOULD YOU NEED TO SEE ANOTHER DOCTOR, FOR ANY REASON, YOU WILL HAVE YOUR MEDICAL RECORDS IN YOUR POSSESSION. IF WE REFER YOU TO A DOCTOR WE WILL SEND THE PERTINENT RECORDS ALLOWING THE SPECIALISTS' OFFICE TO GIVE YOU AN APPT. IF YOU TRANSFER YOU CARE TO ANOTHER PHYSICIAN, FOR WHATEVER REASON, APPLICABLE FEES WILL APPLY IN ORDER TO RELEASE THE RECORDS.

**OTHER:** WE DO OFFER WELLNESS PACKAGES WITH AN ANNUAL FEE THAT WOULD NEGATE CHARGES SUCH AS EMAILS, PRIOR AUTHORIZATIONS, AND GIVE YOU DIRECT ACCESS TO DR. SIEVERS. IF YOU HAVE QUESTIONS YOU MAY CALL MARK, THE OFFICE MANAGER.